

MANGO PIE WITH CRUMB TOPPING

Carrie Burr & Kathy Magee of Burr's Berry Farm: Local Flavors, Recipes Raised in the Florida Redland



INGREDIENTS

Pie:

- 3 c. ripe mango, cubed
- 3 T. fresh lime juice
- ¼ c. sugar
- 2 T. cornstarch
- 1 unbaked pie shell

Topping:

- ½ c. butter (1 stick), cut into 1" pieces
- 1 c. flour
- ½ c. granulated sugar
- ½ brown light brown sugar, packed
- 1 t. cinnamon

RESOURCE: <https://www.tropicalfruitgrowers.com/>

DIRECTIONS

Preheat oven to 350 degrees

• Step 1

Wash hands with soap and water for at least 20 seconds. Place mango cubes into large bowl. Add lime juice and stir. Combine the ¼ c. sugar and cornstarch in a separate bowl. Stir into the mango mixture. Spoon mixture into pie shell.

• Step 2

In another bowl, combine the topping ingredients and cut in the butter with a pastry cutter or a fork. The topping should be crumbly with the butter evenly distributed. Sprinkle the crumb topping over the mango and sprinkle with extra cinnamon and sugar, if desired.

• Step 3

Bake until the topping is golden brown (about 45 minutes). Cool slightly and serve with vanilla ice cream.

Note: Follow MyPlate guidelines for a healthy and balanced diet.

<https://www.myplate.gov/>

Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>

An equal opportunity institution.

MANGO SAUCE FOR MEATS

ULocal Flavors, Recipes Raised in the Florida Redland



INGREDIENTS

- 1 large mango
- 1 T. frozen pineapple juice concentrate
- 1 T. frozen orange juice concentrate
- 2 T. soy sauce
- 2 T. rice vinegar
- ½ t. Hunan chili black bean paste
- 1-2 garlic gloves

RESOURCE: <https://www.tropicalfruitgrowers.com/>

DIRECTIONS

• Step 1

Wash hands with soap and water for at least 20 seconds. Place all ingredients in blender or food processor and process until smooth

• Step 2

Pour into microwave dish and microwave in High for 1 ½ - 2 minutes.

• Step 3

Cool and refrigerate

Note: Follow MyPlate guidelines for a healthy and balanced diet.

<https://www.myplate.gov/>

Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>

An equal opportunity institution.



GREEN MANGO PIE

Tropical Fruit Cookbook, Caloosa Rare Fruit Exchange, Inc.

INGREDIENTS

- 4 large green mangos
- 1 c. sugar
- ½ t. cinnamon
- 2 eggs, separated
- 1 T. butter
- 1 baked pie crust
- 1 T. sugar
- ½ t. cream of tartar
- ½ t. vanilla

DIRECTIONS

Preheat oven to 375 degrees

- **Step 1**
Wash hands with soap and water for at least 20 seconds. Peel and slice, or grate mangos. In a saucepan, combine the mangos, sugar, cinnamon, egg yolks, and butter; cook over medium heat, stirring until thick; cool; pour into crust
- **Step 2**
Beat egg whites until soft peaks form; add cream of tartar and vanilla; blend; continue beating and gradually add 1 T. sugar until stiff peaks form.
- **Step 3**
Spoon egg white mixture over pie; place in 375 degree oven for 10-15 minutes to lightly brown meringue.

Note: Follow MyPlate guidelines for a healthy and balanced diet.

<https://www.myplate.gov/>

Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>
An equal opportunity institution.

RESOURCE: <https://www.tropicalfruitgrowers.com/>

SALMON FILLETS WITH CARAMBOLA SALSA

Ana L. C. Gomes, Houston, TX LDEI Chapter (4)

INGREDIENTS

- 6 - 8 oz salmon fillets Salt and pepper to taste
- (8) Thin chives for decoration
- 2 large or 3 medium ripe carambolas
- ¼ c. red onion, finely chopped
- 2 T. green onions, chopped
- 1 T. lime juice
- 1 t. honey
- 2 t. olive oil
- ½ t. kosher salt
- ½ t. (more if you like it hotter) chopped red Thai chili (or equivalent)



• Carambola Sauce

1. Wash hands with soap and water for at least 20 seconds. Cut four 1/8" thick slices of the carambola, so that you will have four nice stars to decorate each salmon fillet, and set aside.
2. Coarsely chop the remaining carambola.
3. Into a non-reactive mixing bowl (glass, ceramic, or stainless steel), add the chopped carambola, the chopped red onion, green onions, lime juice, honey, olive oil, salt and chopped red chili; stir just enough to combine ingredients.
4. Taste and adjust salt and spiciness as needed.
5. Cover and place bowl in the refrigerator.

• Prepare the salmon

1. Grill the salmon fillets on an electric griddle, the same one you use to make your pancakes. Lightly rub olive oil on both sides of the filets and sprinkle them with salt and pepper.
2. Place them on the preheated griddle (400 F) and cook them between 10 - 12 minutes per side, depending on the thickness of the filets.
3. NOTE: It looks nice when they achieve a nice golden color crust.

Assembly -Divide salsa between four individual plates. -Place a salmon fillet on top of each mound of salsa. -Place a slice of carambola on top of each fillet. -Add (2) long chives across each fillet.

RESOURCE: <https://www.tropicalfruitgrowers.com/>

CHICKEN WITH LONGAN & MACADEMIA SALAD

Longan is extremely sweet, juicy and succulent, and is delicious eaten fresh or in fruit salads, desserts and sorbets. You can easily substitute longans for any recipe that calls for lychees.

INGREDIENTS

- 1/4 cup macadamia nuts
- 2 chicken breast fillets
- lettuce, washed, dried, torn
- 2 c. longans, peeled and halved, seed removed
- 2 c. snow pea sprouts, trimmed (other sprouts can be used)
- 2 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 3 tsp. finely shredded fresh mint leaves
- Pinch sugar

RESOURCE: <https://www.tropicalfruitgrowers.com/>

DIRECTIONS



• Step 1

Wash hands with soap and water for at least 20 seconds. Cook chicken in small amount of oil until fully cooked. Transfer to a plate to cool.

• Step 2

Combine the lettuce, longans, and sprouts, and place on plate. Place the oil, juice, mint and sugar into a screw top jar, and shake until blended. Pour dressing over salad and toss to combine.

• Step 3

Slice the chicken and serve with the salad. Sprinkle with macadamias to serve

Note: Follow MyPlate guidelines for a healthy and balanced diet. <https://www.myplate.gov/>
Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>
An equal opportunity institution.

LOQUAT



Loquat may be eaten fresh without the peel, combined with other fruits in fruit salads, used as a pie filling, and made into sauces and gelatin desserts, jams, and jellies. Fruit may also be canned, dried, frozen, and made into syrup. Loquat fruit are a good source of vitamins and minerals

Water Content	87%
Calories	47 kcal
Protein	0.4 g
Fat	0.2 g
Cholesterol	0 mg
Carbohydrate	12.0 g
Total Dietary Fiber	1.7 g
Calcium	16 mg
Iron	0.3 mg
Magnesium	13 mg
Phosphorus	27 mg
Potassium	266 mg
Sodium	1 mg
Vitamin C	1 mg
Vitamin A	1528 IU

² Data source: USDA-ARS Nutrient Data Laboratory, Database for Standard Reference, Release 18

Note: Follow MyPlate guidelines for a healthy and balanced diet. <https://www.myplate.gov/>
Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>
An equal opportunity institution.

RESOURCE: <https://edis.ifas.ufl.edu/publication/MG050>

BARBADOS CHERRY



Can be eaten like fresh cherries. The juice can be squeezed from the fruit, the three seeds inside removed, and can be made into an infused flavored water. Barbados cherries are extremely high in Vitamin C.

Note: Follow MyPlate guidelines for a healthy and balanced diet. <https://www.myplate.gov/>
Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>

RESOURCE:

An equal opportunity institution.

LOQUAT FRUIT SALAD

INGREDIENTS

- 2 cups sliced fresh loquats
- 1 cup pineapple tidbits
- 1 cup orange sections
- 1 cup sliced bananas
- 1/3 cup mayonnaise (Optional: lite mayonnaise)
- ¼ cup pecans
- Fresh lettuce leaves

DIRECTIONS

- 1. Wash hands with soap and water for at least 20 seconds
- 2. Peel, seed and thinly slice loquats.
- 3. Combine with pineapple, orange sections, and sliced bananas.
- 4. Chill about an hour.
- 5. Drain off fruit juice and fold in mayonnaise.
- 6. Serve on crisp lettuce leaves.
- 7. Garnish with pecans.

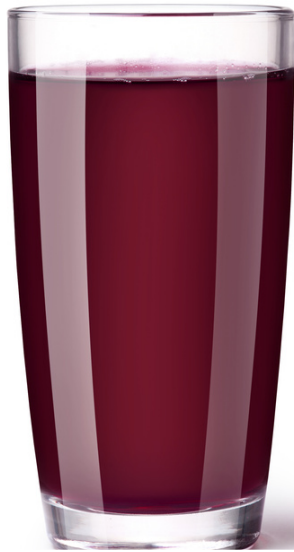


Note: Follow MyPlate guidelines for a healthy and balanced diet. <https://www.myplate.gov/>
Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>

An equal opportunity institution.

RESOURCE: TROPICAL FRUIT RECIPES, Rare and Exotic Fruits of Florida (1976) /the Rare Fruit Council International, Inc. Miami, FL. Loquat recipes: Dr. Carl Campbell.

FROZEN BARBADOS CHERRY JUICE



1. Pick some underripe Barbados cherry fruit along with some bright red ones.
2. Wash hands with soap and water for at least 20 seconds.
3. Wash and stem the cherries.
4. Cut cherries open to be sure that they are sound.
5. Place them in a saucepan with enough water to barely cover the fruit.
6. Cook slowly, mashing the fruit as it gets tender.
7. Pour this into a jelly bag and allow the juice to drip without pressing the bag.
8. Strain this juice through several thicknesses of thin cloth.
9. Do not add sugar.
10. Freeze the Barbados Cherry juice in quart or pint size containers.
11. Enjoy as flavoring to infused water.

Note: Follow MyPlate guidelines for a healthy and balanced diet.

<https://www.myplate.gov/>

Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>

An equal opportunity institution.

RESOURCE:

Resource: TROPICAL FRUIT RECIPES, Rare and Exotic Fruits of Florida (1976) /the Rare Fruit Council International, Inc. Miami, FL. Barbados Cherry photo: Seymour Goldweber.

LOQUAT UPSIDE DOWN CAKE

INGREDIENTS

- 3 cups sliced loquats
- 1 cup brown sugar
- ½ cup raisins
- 1 tsp. allspice
- ½ tsp. salt
- ½ package yellow cake mix
- Optional: whipped cream

DIRECTIONS

- 1. Wash hands with soap and water for at least 20 seconds.
- 2. Peel, seed and thinly slice loquats.
- 3. Combine with brown sugar, raisins, allspice and salt.
- 4. Spread on well greased 13 X 9 X 2 inch pan.
- 5. Prepare yellow cake mix according to directions on the package.
- 6. Pour mixture over fruit and bake in moderate oven over 350 degrees for about 40 minutes.
- 7. Loosen cake from sides of pan with spatula.
- 8. Invert on a large serving plate.
- 9. Serve hot with or without whipped cream.
- 10. Enjoy.

Note: Follow MyPlate guidelines for a healthy and balanced diet. <https://www.myplate.gov/>

Know and practice the four steps to food safety to keep your food safe to eat: clean, separate, cook and chill. <https://www.cdc.gov/foodsafety/keep-food-safe.html>

An equal opportunity institution.

Resource: TROPICAL FRUIT RECIPES, Rare and Exotic Fruits of Florida (1976) /the Rare Fruit Council International, Inc. Miami, FL. Loquat photo: Dr. Carl Campbell. Printed by Central Press of Miami.